



Upcoming Dates and events

1st February—KS1 Healthy Eating Workshop
3rd February—Class 4 Assembly 9:10am
6th February—Children's Mental Health Week
6th February—KS2 Healthy Eating Workshop
7th February—Mr Keeping is Headteacher for the Day!
7th February—Safer Internet Day
8th February 2:30pm—IT safety talk for parents
10th February—Class 2 Assembly 9:10am
10th February—Own clothes Day—Dress to Express
13th February—Half Term
20th February—pupil's return
24th February—Disco
March—World Book Day—dressing up!
7th March—Enrichment Day
10th March—Class 5 Assembly
10th March—Non Uniform Day for Mothers Day secrets room.
17th March—Red Nose Day
22nd and 23rd March—Parent Consultations
28th March—Governors meeting
30th March—Year 2 trip
31st March—pupil's last day
17th April—Pupils return.

Year 5 online safety

This week year 5 have been learning about how to stay safe online. We learnt about information sharing, privacy and setting safe passwords. To help us, we then created our own digital quizzes and tested our knowledge by completing another groups.



Anti-Bullying Day

Today we have been focusing on kind and unkind words and actions, and the impact that they can have. During our assembly this morning, the children were able to write unkind words that that they had heard, or maybe even said, on Mrs Farr.

Mrs Farr wore the outfit all day to show that our words and actions are not easily forgotten, and that we carry them with us all the time. Throughout the day, Mrs Farr found it hard to stay positive and upbeat with such unkind thoughts surrounding her. The children were able to see that others do understand when they feel bad, and that their words matter.

The outfit will be used as a reminder of this throughout the year as it appears in classrooms as a visual reminder.



As a school we celebrate anti-bullying days throughout the year with an aim to keep a consistent focus with our children. Today marked the second of our anti-bullying days this academic year and started with a big whole school assembly where Mrs Farr looked at the impact that hurtful words can have. On our first anti-bullying day the children completed a questionnaire within their classes which the class teachers have been using to identify focuses within each class for the follow up days.



To mark our ongoing focus please have a look at our brand new 'anti-bullying' webpage which has launched today on our school website and offers some key links for support for both parents and carers and for children. It also includes an anti-bullying guide for parents and carers that has been shared by the 'Anti-bullying Alliance', some snippets of which are shared below!

WHAT IS BULLYING?

The Anti-Bullying Alliance defines bullying as:
the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

Put simply this means any situation where your child is being deliberately and repeatedly hurt by other people and they find it hard to defend themselves. This could be face to face or online, in school or in the community. It may be physical, or it could be verbal or emotional. For example, your child might be pushed around by others, called names, or be excluded from friendship groups.

WHAT ADVICE CAN I GIVE MY CHILD?

- 1. Be kind and respectful to others:** you have a vital role to play in modelling positive relationships. Your child is always watching you and learning from you. It's important to talk kindly about other people and support your child to be kind and respectful to others, challenge behaviour that is hurtful or offensive and show your child that you reach out to others who may be seen as 'different', lonely or isolated. 
- 2. Recognise and stand up to injustice:** Help your child to understand that throughout history people have not always been treated with kindness and respect. Support your child (in an age appropriate way) to understand prejudice and inequality. There are many good books and resources available on these issues. Make these discussions part of your everyday life. Talk about how they would respond if they were targeted in this way or witnessed behaviour or language that targeted difference and what actions they could take. Be clear that it is never okay for a child to experience prejudice. 

- 3. Understand true friendship:** you can teach your child the qualities of a true friendship such as kindness, respect, boundaries, laughter, forgiveness, and trust. This will help your child recognise if others are being unkind or manipulative towards them. Encourage your child to be open to friendship rather than insisting on one best friend. Experience shows you can be vulnerable if they decide not to be your friend anymore!



- 4. Grow in confidence:** we all have times when we feel shy and self-conscious. Some children are naturally more confident than others, others are quieter, and are happy with their own company or the company of a small group of friends. If your child is unhappy and wants help to grow in confidence then talk to the school to see what support they can give (e.g. a buddy or peer mentor system) and consider activities and groups outside of school that might help your child grow in confidence (e.g. sports, Scouts and Girl Guides, arts and drama, martial arts, volunteering).



- 5. Role play together how to handle difficult situations:** it is likely that your child will experience name calling, will get into arguments and may even be involved in physical fights. Role play together the different options you have in these situations, what you could say or do, and who; else could help.



- 6. Establish physical boundaries:** help your child to understand that their body belongs to them, and that everyone has their own physical boundaries. This means it is not okay to be rough with other people, or to touch, hug or grab them without their consent. It is never okay for someone to physically hurt someone else and children need our help and guidance to learn to give people personal space.



- 7. Make sure your child knows who else can help:** there may be times, particularly as your child grows older, where they do not always tell you what is on their mind. This could be because they are worried about how you might react, or they do not want to upset or worry you. Help them think about other people in their lives who they can talk to. This could be a friend, a family member, a teacher at school or another adult they know and trust. You can find details of more organisations who can help children and families below.





CONVERSATION STARTERS TO HELP YOU TALK TO YOUR CHILD ABOUT BULLYING

The questions below can help you to start talking to your child about bullying.

FOR YOUNGER CHILDREN



- What does bullying mean to you?
- What does it mean to be a good friend?
- What do you look for in a friend?
- What are some of the ways you can be kind to other people?
- What can you do if other people are being unkind to someone?
- What are all the ways that people can be different?
- Why is it important to accept people for who they are?
- How can you help someone who is sad or lonely?
- Who can help you if you are worried about bullying or something someone has said or done?

FOR OLDER CHILDREN



- What does bullying mean to you?
- Have you seen people bullying others?
- What are the different roles people have in a bullying situation?
- What would you do if you saw or heard someone being bullied?
- What would you do if someone said or did something hurtful to you?
- What does it mean to be a good friend?
- How do you know when you have crossed a line and hurt someone?
- What can you do if you have hurt someone?
- In what ways are face to face and cyberbullying the same/different?
- How can children protect themselves from bullying online?
- How can children support others who are being bullied online?
- When might bullying behaviour be a crime? (e.g. if someone is threatened with harm or encouraged to harm themselves, is physically hurt, is targeted for their race, faith, disability or sexuality, is harassed sexually)
- What advice would you give to younger children who are being bullied?